



Visioning 1: Imagine Your Transformed World

Note: [Click here to submit your work anonymously](#) for your mentors to read. This will help us improve our program for future students and track your volunteer hours, which will be added to your certificate at the end of the program.

Purpose:

Take time to fully imagine the world after it's gone through the transformations you hope for in our future. Connect to, explore and express your vision for a transformed Earth.

Table of Contents

1. Introduction	2
2. Practice	4
3. Dive Deeper	10
4. References	10

1. Introduction

Humans create through imagination and connect to one another through our visions. When we share our visions with one another, new visions are generated through the overlap, dialogue and conflict between ideas and imaginations. If we are clear on our vision and can listen to the vision of others with the spirit of collaboration and the shared purpose of a compassion-driven future for the flourishing of all things, the ideas that feel true between dreamers will self organize, grow, and complexify. By letting our shared visions guide us, and creatively co-directing our energy towards them, our dreams can become a reality.

A wonderful part of our human experience is that we are creators by nature, artists of our own lives as individuals and as a greater society. We get to dream infinitely and turn those dreams into reality, by focusing on bringing them into our shared world and experience.

In our familiar three dimensional physical reality, we are bound by the laws of nature, the constants or limitations of time, space and matter. It requires time, energy, matter and space to become a physical manifestation of a non-physical intention - there is no way around it. For example, when you build something you must use physical materials and it takes time, no matter how clear your vision of that thing is, or how fast your vision came together. Even if all people decided right now, to replace all fossil fuel infrastructure with renewable energy technology or other climate solutions, it would take time, space, energy and matter to build them, it could not happen instantly. But, it is the essential vision and intention of what we wish to become, which guides how we use our time and energy together to create it.

The dimensions of our experience where imagination, dreaming and visions take place does not face the limitations of physical reality because that part of us is not experienced as physical reality. Can you find the images or conceptions of your dreams or imagination in space or physical reality? By nature of what they are, they happen upon us in the mind, through ideas, images, intentions or desires. They can appear or happen almost instantaneously in the mind's eye. As artists, we humans can experience this non-physical dimension of ourselves through visioning, dreaming and imagination and then set intentions to guide our use of energy in the physical world to bring those visions to reality. When we create, we are channelers

between the infinite dream world and physical reality. In this way, we get to imagine the reality we want and manifest that non-physical vision into physical reality, as our “art.” This process is commonly referred to as *manifestation* -- creating a clear intention from our inner vision of what we want, focusing our energy and attention on it and therefore attracting it to become materialized in reality. There are many different manifestation practices, this is one. [Read more about manifestation here.](#)

Remember, your consciousness, including your imaginations and dreams, is part of the universe too --it is not separate. Your imagination is the universe “happening” as much as any other physical event is, whether it be a bodily sensation or the expansion of the galaxies. We are beings with infinite possibilities and the capacity to engage in both physical and non-physical dimensions.

“Show me the edges of consciousness and I’ll show you the edges of the universe.” -Anonymous

With this quote in mind, the work we are doing here imagining a transformed world (and later, a transformed self) is about connecting to and exploring our dreams to find ways to align our intention, energy and action in the world. We find inspiration and an internal energy source to empower our co-creative changemaking work in the world. Now it’s time for you to explore your dreams, vision and imagination so you may access your intrinsic inner artist of life.

“You might say I’m a dreamer, but I’m not the only one” - John Lennon

2. Practice

In this practice, you will explore your vision for the changes in the world you want to see. There are no right or wrong answers, so let ideas come freely. Your vision can include any layer or level of transformation: what cities look like, what the natural world looks like, what the culture, structure, systems and politics of society look like, what opportunities those changes present or enhance in your own life and the lives of others, etc.. While you should aim to complete all three exercises below in order, the Visionary Expression part will be the most important for carrying your ideas forward and working in a team to create change.

In the process below, you will learn to tap into your internal imaginative dream centres to connect to your own internal wisdom (Visionary Meditation), translate that knowing to a physical expression you can keep in your life to motivate you (Visionary Expression) and finish with learning to manifest those ideas into reality through conscious intention (Visualization Manifestation Exercise).

2.1 Visionary Meditation Activity (5-10 minutes):

In this meditation your task is to breathe, connect to and imagine your dream world. When we connect to our imagination and visions, either awake or while dreaming, we get access to endless information, ideas and internal wisdom. This ability to sense and understand the non-physical dream world is a gift of our being and can offer us profound guidance and inspiration. All it takes is a little practice. Remember to be compassionate with yourself -- there's no right or wrong way to access your visions. Some people hear ideas, some hear sounds, some see images, some feel sensations, and some people feel them all. Try not to hold any expectations of yourself and just let what comes, come.

Read all the instructions before beginning:

Find a quiet space you can be alone or sit undisturbed. You may also enjoy listening to soft meditation music ([like this](#)) or nature sounds. If you cannot find a quiet space, consider using earplugs in a place you will remain undisturbed. Sit comfortably on the floor, a chair, or lay down.

If you would like to enhance your meditation, you might visit a safe natural space you have access to, surround yourself with a plant or many in your home, in a garden, or hold some part of the natural world such as a rock, pine cone, leaf or something else you can find. This will increase your connection to the Earth and may also offer enhanced visions.

Start by closing your eyes and letting your eyes, face and body become soft. Take ten deep, slow breaths in and out. Continue to breathe slow and deep.

Allow yourself to become calm. In whatever way that seems possible and valid to you, ask your internal wisdom to connect to the consciousness of the Earth, and ask that it assist you in imagining a transformed world. If you've never tried connecting to Earth in this way, now is a great time to try it and see what happens! What does this transformation look like? What does our transformed society look like? Listen with your mind and see if anything comes. As you imagine a loving future, pay attention to the feelings you have and when they are positive, try to amplify them by imagining them rise in intensity in your body, feeling them grow and spread from your heart center. Your visions of the transformed world may change with the sensations you are having.

As you imagine your most ideal world, you might consider questions like:

- What does the natural world look like?
- What do our communities, cities, streets look like?
- What do people do differently than today?
- What does society value?
- How do people feel in their daily lives?
- Imagine your most ideal vision of a healthy ecosystem, society and self.

When you feel ready to come back, finish with a few breaths and express gratitude for the visions, ideas and feelings you experienced while in meditation. Thank the Earth and your internal wisdom for its guidance.

2.2 Visionary Expression Activity (20+ minutes):

In this activity, you will create something to express your vision for a transformed world. This can be done alone or with others, such as teammates, family or friends. Sharing creative, hopeful dialogue with others while we imagine a new world can help us process our own ideas, inspire new ones and make our time more fun.

When we tap into our imagination, we become a channeler of information from that non-physical vision space. As creators we can bring our visions closer to the physical world, even if we can't create them alone (like pulling the world off fossil fuels, or building a million green houses). We will be taking our visions, ideas and dreams and inscribing them into the physical world through our own self expression, as an intentional way of beginning to manifest our dreams into reality. It can be hard to believe we can manifest our dreams, simply by writing about them or drawing them. But remember, every new house starts with a visionary intention, a designer connected to that vision and a sketch before it becomes physically manifest in the world. When we connect to our visions, we can create intention aligned with our vision and thus create energetic momentum toward it becoming reality.

If you completed the visioning meditation above, you have already done some of the visioning work needed to complete this activity. If you did not, spend extra time reflection on the prompts below. You will represent those visions, ideas and inspirations in a way you would like to express them, so you can return to them or be reminded of them in your daily life.

Instructions:

The way you choose to express your vision of a transformed future Earth is up to you. You might: Write a song or piece of music, draw or paint, create a collage of related inspiring images or quotes, write a journal entry, story, script, poem, performance, or any other creative form you are inspired by. Whatever you choose, gather the materials you will need before starting. You may also choose to complete this over a few days or a week, depending on how you choose to express.

Now that you have your materials, give yourself as much time as you like to work on your expression. Start by becoming quiet and relaxed in a space inside or outside, where you can feel free, safe and inspired.

Now, imagine the future of Earth as a whole, a future that has everything you wish for the world in it. As ideas and images come up for you, write some key words, small sketches, voice recordings or otherwise to store your ideas for a moment. Be as clear as you can be and allow yourself to have no limits, expectations or judgements of your ideas.

When you are done your visionary exploration, then begin your chosen method of creative expression to clearly represent your imagined new world. Take as much time as you need or would like to create this, but set a goal to finish within a week so your ideas and visions do not lose their power or fade from your memory.

When you are done, keep your creation in a place you can be reminded of it, like a room, on your phone, or on your wall or fridge. Revisit it from time to time to reconnect to that vision and the good feelings you have for it. You may also choose to share your creation with your teammates, friends or family. other team members.

Here are some questions to help you connect to your visionary senses. You might also draw on some of your answers from the Connect to What You Love activity. In the future, 5, 10, 20 or more years from now...

- What does the natural world look like?
- What do our communities, cities, streets look like?
- What do people do differently than today?
- What does society value?
- How do people feel in their daily lives?
- What is your most ideal vision of a healthy ecosystem, society and self?
- What do the mainstream culture, structure, systems and politics of society look like?
- What opportunities those changes present or enhance in your own life and the lives of others?

- How do people treat one another?
- What experiences do you or others have access to?
- How is our energy made? What does it look like?
- How do we grow, eat and think about food?
- How do people transit and travel?
- What do people talk about most?
- How do people spend their time?

2.3 Visualizing: Manifestation Exercise (5-10 minutes)

Now that you have connected to your visionary intelligence, and you have real images of the ideas, wishes, dreams and intentions you have for the future expressed in physical form, you can now practice manifesting those visions into reality through conscious intention and visualization. This manifestation practice will offer you a simple way to direct energy toward bringing your visions to fruition, while empowering you to live a more inspired, passionate and connected life.

When you did the first meditation to explore your vision, you directed your intention and energy into your non-physical vision space asking for ideas and clarity and it came to you. Then, you focused your energy and intention of bringing those visions into physical form, and so it became something in the world it could have not been without you as that channeler from imagination to physical reality. The next way you can direct your energy and intention is by focusing on bringing your compassionate vision for the world to reality. As you may have observed the first two exercises, where we place our intention is where we place our energy. When we are clear on our visions in life, and direct our energy through intention on those visions, things around us start to respond and we build energy and momentum toward the future we want. Changemakers would not be able to shape the future, if they did not first have a vision for how things should change to help guide their actions to bring that new future into reality, even if it happens over generations. We become more powerful changemakers when we can easily connect to our vision, adapt it when necessary and direct our intention and energy toward our goals.

Have you ever had an experience in your life, where you had an idea you really wished and hoped would come true in your life and over time you noticed coincidences happening that made it easier to fulfill that vision? It might have been: someone new showing up at the right time who somehow helped you, some barrier in the way of achieving that goal suddenly removed, a video, podcast or book showing up at the right time, and so on. You may have begun to think about it more often, feel excited or inspired in a new way, saw new opportunities pop out at you, started talking to others about it and maybe they wanted to help. These are examples of how when we create clear visions and direct our conscious attention and intention toward them, we see energy move in favour of that intention. As we do this we can see other changes in our life that empower us too. We feel more inspiration and creativity, clarity of mind and action, feeling like we are living passionately and aligned to our values and as a result, more overall happiness and purpose.

As you went through the Visioning meditation and/or the Visionary Expression exercise, you likely felt positive emotions like love, gratitude, compassion, empathy, hope, pride, courage or otherwise. Remember that when you act from a loving vision, which comes from the heart, those emotions will become normal in your everyday life because your intention and actions are connected to, created from and motivated by that place of love.

Now that you have some background, let's try a simple manifestation meditation.

Instructions:

Find a quiet space you can be alone or sit undisturbed, you may also enjoy listening to soft meditation music ([like this](#)) or nature sounds. If you cannot find a quiet space, consider using earplugs in a place you will remain undisturbed. Sit comfortably on the floor, a chair, or lay down. You might also sit or lay on the Earth in a natural space you have access to.

Start by closing your eyes and letting your eyes, face and body become soft. Take ten deep, slow breaths in and out. Continue to breathe slow and deep.

As you continue to breathe, let all the images, all the ideas, all the positive emotions from your visionary expression come into your mind and body. See them in your mind, feel them in your body. As they come up, wish with all your love and intention

they come true. Let yourself stay in this space for a few minutes, or as long as you like.

For your last few minutes, continue your deep breathing and imagine as if they *have* all come true. Try to feel as if it has already happened and notice what that feels like.

Spend as long as you would like in this meditation. Most people begin to feel real shifts in their being and new and powerful feelings as they spend more time in their meditation. Repeat as many times as you would like or as your vision changes.

Thank yourself for the time you allowed for your connection.

3. Dive Deeper

The links below are complementary resources for you to explore topics of interest in greater depth.

- [Bridging the gap between Imagination and Manifestation](#): Vince Settles (Ted Talk)
- [The Consciousness Project](#) (Princeton edu): *Correlation between major world events and how they create regularity in intentionally random computer generated data sets.*
- [The science of manifestation](#): Hilary Farberow Stuart N.D. *Whole Hearted Healing*,

4. References

Wendy Stokes (2020) *How Manifestation Works*, The Frisky, Web. retrieved from <https://thefrisky.com/how-manifestation-works/> Oct 5, 2020